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## NO ES AMOR J.LO AND MARC ANTHONY DIVORCING {page 14}



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EDMONTON

**metr**

Monday, July 18, 2011  
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### Soapbox. Slope



► Nainoah Hamid starts to shoot down Victoria Hill in a homemade soapbox car yesterday during Race Week Edmonton's Go Kit Derby. Kickoff celebrations for the Edmonton Indy, as well as off-track festivities, take place at 10 a.m. today at city hall.

KATRINE SORESEN/FOR METRO

# A kink in Health Link's info line

► When misprinted number is dialed, callers are now provided with correct Health Link number ► Block came off similar number for phone-sex line two weeks ago after it was first blocked two years ago



HEATHER  
MCINTYRE  
@METRONEWS.CA

Alberta Health Services is apologizing for an embarrassing mistake that has directed some clients to a phone-sex line instead of the agency's popular Health Link information service.

Carol Allan discovered the error when she tried calling the number for advice about her ailing mother.

Allan said instead, someone said: "Hi, hot stuff, we're going to have some unspeakable fun."

Allan found the number in the latest edition of a phone book delivered throughout the Edmonton area earlier this year.

AHS said the Health Link number was first printed in the Canpages telephone directory in 2010, but for the last two years a company has been operating

a phone-sex line at a similar number.

The number appears on a page titled "important numbers."

"Apparently the same thing happened a couple of years ago," AHS spokesperson Kerry Williamson said yesterday, adding the offending number was blocked at that time. "Somehow that block was taken off."

The block was removed about two weeks ago, and the issue was brought to the attention of AHS last week. Williamson said the number was blocked again last Thursday evening.

"Obviously Health Link is a pretty important number. We get about one million calls to Health Link every year," said Williamson.

"We want to make sure people calling Health Link actually get to call Health Link."

Williamson said AHS will work closely with Canpages and Telus to ensure the wrong

### Wrong number

- The Alberta Health Link number is 1-866-408-5465. The misprinted phone number began with 1-800 instead.
- The number was also published on several websites, including the S.O.S. Kids Online Page, where the number is listed as a contact for the province's Sexual Assault Response Team.
- Health Link celebrated 10 years of service last December.
- Alberta's Five-Year Action Plan, developed by AHS, includes a strategy to expand Health Link by March 2012 via newer technologies.

number doesn't get printed again in the future.  
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## Gearing up for the Indy



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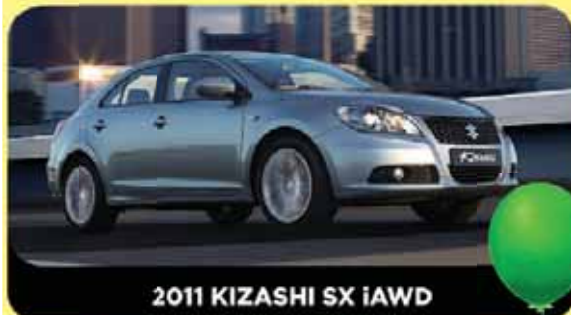
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## Man has vanished, family tells investigators

The family of a 34-year-old Edmonton man who hasn't been seen since Thursday hopes to work more closely with police.

William Nadeau, known as Ryan, hasn't been heard from or seen since last week, according to his wife of nine years, Amanda Taylor-Nadeau.

"This is completely out of character," Taylor-Nadeau said yesterday.

"We have great communication. He always texts or phones me if he's going to be late."

Nadeau's last known location was Spruce Avenue School on Thursday at 12:45 p.m., where he was dropping off the couple's seven-year-old child for summer camp.

"He told me he'd see me later," said Taylor-Nadeau.

Despite the concern, Nadeau is not currently considered missing, as he doesn't fit criteria laid out by police, said spokesperson Lisa Sobchysyn.

The five-foot-eight, 220-pound man with blue eyes and a shaved head drives a 2009 Ford Ranger, with Busted Knuckle Landscaping printed on the side. The licence plate reads NFU185.

A Facebook group formed over the weekend, Missing: William Nadeau AKA Ryan, has more than 1,600 members.

HEATHER MCINTYRE



CONTRIBUTED

William Nadeau



SHELLEY WILLIAMSON/METRO

# Pop goes the world

City man circles globe filming himself drinking Coca-Cola at famous landmarks Sugary trip drains savings and creates nearly \$30K in debt


SHELLEY WILLIAMSON  
EDMONTON@METRONews.ca

You might say Duane Perera has a thirst for travel.

The 30-year-old Edmontonian just put the cap on a year's journey, chronicling himself drinking Coca-Cola around the world.

His YouTube video has already received 50,000 hits, but he's hoping it'll go viral.

"My main goal is to get this video seen by as many people as possible,"

Perera said.

The University of Alberta alumnus has heard from Coke, and while he's not spilling details, he hopes for a marketing partnership.

"They basically wanted to know more about me and ask some questions," he said.

He admitted there were hiccups during his travels to 36 countries.

"I got into trouble for filming in the king's palace in Jordan," said Perera, who shot the

footage on a pocket camcorder.

And at the Sistine Chapel and the Taj Mahal, Coke is not it — neither would let the bottle in for filming.

One thing that wasn't an obstacle was finding the soft drink and people who knew it.

"That's the crazy thing. Even when I went to remote villages in Africa and Asia where they didn't speak English, people knew what Coke was," Perera said.

## Pop culture

- 1 Perera's video is at: [youtube.com/user/ResetLiveGrow](http://youtube.com/user/ResetLiveGrow)
- 2 The "I'd Like to Buy the World a Coke" ad was released 40 years ago this month. It was made a record, which broke into the top-10 music charts.
- 3 Coca-Cola sold nine drinks a day in 1886. Now it sells 1.7 billion in 200 countries.

1  
news


The military was crucial to Egypt's revolution. Now some fear it's the new Mubarak. Scan code for story.

To scan 2D barcodes in Metro, download the free ScanLife app at [2dscan.com](http://2dscan.com).

On the web at [metronews.ca](http://metronews.ca)

The federal government is hitting the road to ask tough questions about immigration policy. Guidy Mamann has more at [metronews.ca/immigration](http://metronews.ca/immigration).

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# Questions raised over flag contract

- Under international trade agreements, Canadian flags are not required to be made in country
- Companies with cheaper bids denied contract

It should be a good-news story: An Ontario manufacturer beats out a dozen factories in China in a competition to produce 400,000 Canadian flags for the federal government.

But the \$294,000 contract awarded to Toronto-based Scythes Inc. earlier this year has raised questions about whether the tendering process was fair.

Scythes Inc., parent of Flying Colours International, was one of 18 firms that bid to produce small nylon flags for distribution to new Canadians at citizenship ceremonies.

The company won the contract not because its prices were lower — internal documents obtained under the Access to Information Act show

## Flag wars

- This is Michael Blanchard's second bad experience with a flag order that Public Works has tendered on behalf of Citizenship and Immigration.
- In 2007, 12 bidders responded to a tender to supply 150,000 nylon flags.
- 11 of the bids were declared technically non-compliant, again by a Public Works official.
- Those bids were also rejected because of problems reported with samples.
- Scythes Inc. won that contest as well, with a \$121,000 contract that was about \$80,000 higher than Blanchard's bid.

their bid was the second-highest, behind another Ontario firm, at about 65 cents a flag.

Scythes got the contract because the 17 other bidders submitted samples that a Public Works official said were technically non-compliant. Colours were off or staples were missing.

"Something doesn't smell very good here," says Michael Blanchard, whose Ottawa-based Adware Promotions Inc. made a rival bid that was \$220,000 cheaper.

His flags were to be made in China.

The purchase is also unusual because Citizenship and Immigration had budgeted only \$140,000, requiring delivery by March 10, three weeks before the fiscal year-end.

THE CANADIAN PRESS

## Murder. Acquittal



► Casey Anthony walks out of the Orange County Jail with her attorney Jose Baez during her release in Orlando yesterday. Anthony was acquitted last week of murder in the death of her daughter Caylee. The prosecution argued Anthony had suffocated the little girl with duct tape.

RED HUBER/POOL/THE ASSOCIATED PRESS

## Anthony freed from jail

Casey Anthony, 25, walked out of jail a free woman yesterday, facing shouts of "baby killer" just days after being acquitted of murder in the death of her two-year-old daughter Caylee. Caylee's remains were found in 2008.

THE CANADIAN PRESS

## Ousted Mubarak not in coma, doctor says

Hosni Mubarak's lead doctor denied yesterday that the ousted Egyptian president had suffered a stroke or was in a coma, as Mubarak's lawyer claimed.

Dr. Assem Azzam said the 83-year-old Mubarak only had a bout of low blood pressure and was in stable condition.

Mubarak's lawyer said earlier that he had a stroke and was in a coma.

Mubarak has been in a hospital since April. He's said to be suffering from heart trouble.

The former president is set to face trial in about two weeks on charges he ordered the killings of protesters during the 18-day uprising that ousted him on February 11.

A conviction could carry the death penalty and activists suspect his lawyer may be using health problems as a ruse to sway public opinion and perhaps even win amnesty.

THE ASSOCIATED PRESS

## Nexus members caught smuggling: Docs

Travellers under Canada's Nexus program who are considered low risk have been caught trying to illegally smuggle goods into the country.

The Nexus program allows Canadian residents to pass through special lines when travelling to the U.S.

It's designed to make

border patrol more efficient by allowing guards to move those who aren't considered to be a danger to border security through customs more quickly and focus on those who are potentially high risk.

But documents show more than a hundred Nexus travellers crossing

the border in the second half of 2010 said they had no goods, or undervalued the goods they were declaring, only to be found to be smuggling the items.

The goods range from a couple of bottles of beer to a \$16,000 engagement ring. Other examples include an Ontario resident who at-

tempted to declare a boat as Canadian goods when a customs officer found out it was actually being imported, and a Quebec traveller who bought tires online from a business in the United States and had them installed on his car but never declared them.

THE CANADIAN PRESS

## Montreal man on Gaza mission

A Montreal man is one of about 10 pro-Palestinian activists aboard a ship that's trying to break Israel's blockade of the

Gaza Strip.

Stephan Corriveau is on the Dignity al-Karama, which left Greek waters Saturday. The ship was part of a larger protest flotilla that tried to break the naval blockade weeks ago but was thwarted by Greece. An organizer says the attempt sends a message that activists haven't given up.

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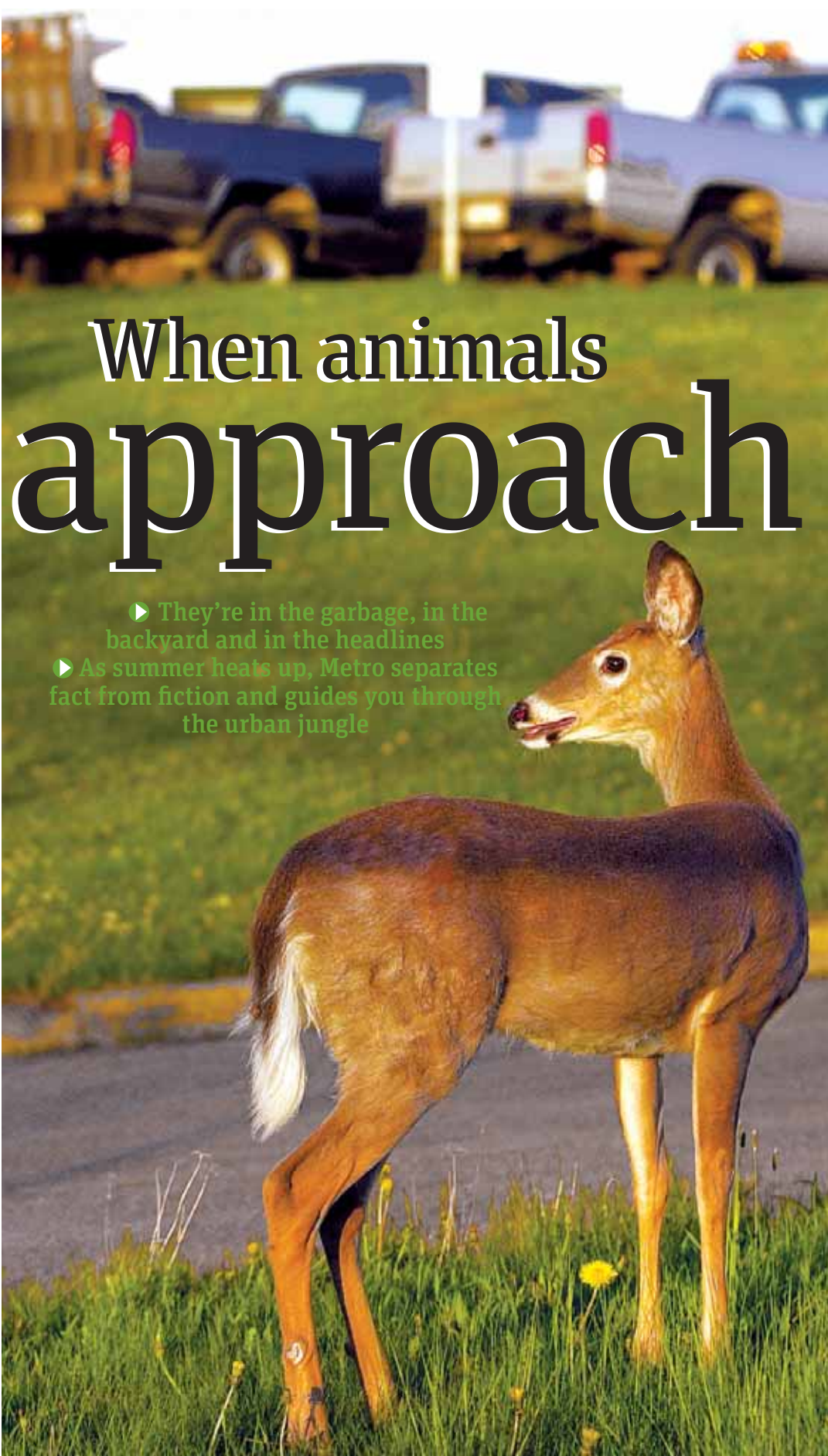
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# When animals approach

► They're in the garbage, in the backyard and in the headlines  
 ► As summer heats up, Metro separates fact from fiction and guides you through the urban jungle

**"There's a temptation to feed them because they're almost tame ... but if you do that you're habituating that animal — it just scored."**

KEVIN STRANGE, CALGARY ZOO



JENNIFER  
TAPLIN  
@METRONEWS.CA

Whether it's a deer smashing through a coffee shop window in Halifax or a black bear taking a snooze in a Kanata backyard, wildlife loves cities almost as much as commuters.

And this summer has seen myriad of tales of animal-human conflicts in Canadian cities, with the case of a Toronto man allegedly hitting a baby raccoon with a shovel drawing out both animal lovers and raccoon haters in protest.

But, despite the attention, are citizens really having more run-ins with critters?

"It's massively man-made this idea we're having more interactions ... but there's no doubt we're encroaching on their territory," said Simon Gadbois, an animal behaviour researcher in Halifax.

Habitat encroachment and climate change play a role, but conflicts come in cycles depending on animal populations and their environment, he said.

These days, he said, people are more likely to report animal sightings after learning of a horrific event, such as recent bear attacks in B.C. and the 19-year-old Toronto woman who was killed by coyotes in Cape Breton, N.S., in 2009.

In the short term, growing cities mean a loss of

habitat as animals creep into cities looking for food and shelter, but in the long term it means there will be fewer animals, said Kevin Strange, with the conservation outreach program at the Calgary Zoo.

"Cities and towns are almost always built on a water body, and in the west here they're always on a river and rivers are green highways (for animals)," he said.

"There are times when climate change can really make animals migrate."

Climate change can be good for some animals and bad for others. If there is a shortage of rabbits, for example, coyotes will range further into cities and find that cats make a good substitute, he said.

"Cats think (coyotes) are dogs and it's not until the last second they realize they're not dealing with the average dog," Gadbois said. "And some cat owners put those little bird bells around the necks of cats, which becomes like a lunch bell for the coyotes."

Experts believe the keys to making cities less attractive to wildlife is to take a serious look at waste management and get people to stop feeding creatures like deer and raccoons.

Gadbois said people need to realize wildlife is always going to hang around cities — it might not be ideal, but not as dangerous as people think.

"Hey, get over it," he said. "That's what it is to live in Canada."

## No party animals here

When you have an uninvited, furry pest living in your

house, throw a party.

Reesa Atnikov, a supervisor with the not-for-profit Wildlife Haven Rehabilitation Centre in Manitoba, said they take thousands of calls every year about wild animals like raccoons or skunks that have become a little too comfortable in an urban setting.

"We recommend bright lights, loud music and rags

soaked in bleach. They don't like the smell, they don't like the lights and they don't like the loud music," she said.

But if you're in the backyard and Winnie and Yogi wander in to sniff out your garbage bin, the best plan is to call a conservation officer, said Kevin Strange with the Calgary Zoo.

"That's got to be a fairly threatening situation ... and it may have a desire to protect the food source," he said.

● JENNIFER TAPLIN

# Canada's most unwanted

► We asked officials in Metro cities across the country to tell us about their most troublesome critters:



## Halifax — Coyote Most dangerous:

Coyotes can wander into the city's peninsula and get trapped. A power-meter reader was bitten by a coyote earlier this year.

**Biggest pest:** None.

**Newest problem:**

Bears may have poked around the suburbs in the past few weeks.



## Ottawa — Black bear Most dangerous:

Black bear.

**Biggest pest:** Raccoon. Several YouTube videos attest to raccoons' ability to defeat supposedly impregnable green bins.

**Newest problem:**

Bedbug. Pest control companies note a dramatic increase in complaints in 2010.



## Toronto — Raccoon Most dangerous:

None, but leaving food out is discouraged because coyotes can begin to associate people with a food source and may start hanging around.

**Biggest pest:**

Torontonians have the most trouble with raccoons.

**Newest problem:** None.



## London — Ashborer Most dangerous: None.

**Biggest pest:** The buckthorn plant is infiltrating London's natural areas and pushing out all the native species.

**Newest problem:**

The emerald ash borer beetle is wreaking havoc on ash trees, of which there are more than 100,000 in the area.



## Winnipeg — Cougar Most dangerous:

Deer. Manitoba Public Insurance reports collisions with deer make up the most animal-auto accidents.

**Biggest pest:** Mosquito.

**Newest problem:**

Several witnesses spotted a cougar in Winnipeg suburb Transcona recently.



## Calgary — Coyote Most dangerous:

Black bears occasionally come up the river valley into the city.

**Biggest pest:** Officials say there are resident coyotes living in the city.

**Newest problem:**

"We don't get new pests in Calgary because Alberta doesn't let them in," says Bill Bruce of Calgary Animal Services.



## Edmonton — Mice Most dangerous:

Mice, and all the germs and destruction they bring.

**Biggest pest:** Mice, bedbugs and ants are the main ones right now.

**Newest problem:**

"They're all the same ones. They just get worse," says Gladys Schultz of Edmonton Exterminators.



## Vancouver — Raccoon Most dangerous:

Coyotes can eat pets and have had contact with people; bites have been reported.

**Biggest pest:** Raccoons have bitten lots of people, mostly because of people trying to hand feed them.

**Newest problem:**

None.  
● METRO

## How to build a garden box

PHOTOS  
SEAN MCKIBBON/METRO



Raccoons are tough to keep out of a garden once they decide to raid it. You might want to try building a raccoon-resistant garden box.

Make sure to wear safety gear and check your local building codes. And remember, this design is not the work of an expert, just a reporter who was making it up as he went along. The project is fairly basic and you can alter the dimensions to suit your needs.

- 1** Construct a garden box using wide 2x6 (or wider if you want) cedar planks. A 2x4 or a 4x4 cedar post in each corner secures the planks. Posts are expensive so I used 2x4s.
- 2** Cut the 2x4s to 8 inches, leaving 4 inches to secure the 2x2s that form the upright parts of the cage frame to put on top of the box.
- 3** Connect the upright 2x2s with more 2x2s along the top, cover three sides and the roof with mesh, and then construct wooden frame doors with mesh fronts, with a latch at the top and the bottom.
- 4** It took me eight hours working by myself and it cost almost \$217 in materials. The simplest way I can explain the doors is comparing it to stapling a cage to a picture frame and then screwing another frame on top of the first. ● SEAN MCKIBBON

CHECK OUT THE EXTENDED STEP-BY-STEP PHOTOS AND INSTRUCTIONS AT [METRONEWS.CA/ANIMALS](http://METRONEWS.CA/ANIMALS) TO GET A BETTER IDEA OF HOW TO DO IT.

## Reader's comments

What's your best home remedy for keeping away animals?

## Reader tweets



► @meaghanbent "I brush my dog in the front yard so the hair goes on the grass. I hear this keeps the critters away and it seems to work well."

► @a1\_grady "My raccoon bangs on my green bin, I go out, throw a bun into the woods, he goes off into the woods to get it."

► @awn\_sholan "Scarecrow sprinkler, hours of entertainment as well."



Had a critter problem?

Send us your tips and photos at [edmontonletters@metronews.ca](mailto:edmontonletters@metronews.ca) or on Twitter @metroedmonton.



## Olivia Gampel

17, STUDENT, TORONTO  
"Peppercorns ... If squirrels or raccoons bit them, they wouldn't come back."



## Jake Rondot

34, MANAGING DIRECTOR, WINDSOR, ONT.  
"Mothballs keep skunks away."



## Lori Harrison

35, DESIGNER, TORONTO  
"Put plastic wrap over a bowl (of sugar), poke tiny holes in the wrap ... (to trap) fruit flies."

# Rude drivers on the rise, survey finds

Has driver courtesy been tossed out the car window? Is the traffic "thank you" wave dead?

Drivers polled for the Canadian Automobile Association seem to think so.

The poll found three out of four Canadians surveyed felt drivers are showing more annoying habits today than they were five years ago, compared to just two per cent who said other drivers have grown less irritating.

Numerous surveys and ongoing research by the Insurance Corporation of B.C. agrees driver courtesy is gradually eroding, said ICBC psychologist John Vavrik.

"People generally feel there's a lack of courtesy, there's a lot of anger out there and people are concerned about running into aggressive drivers," Vavrik said.

## 86%

**Topping the list of bad habits are road rage and being cut off in traffic, with 86 per cent of respondents citing those behaviours.**

The problem has become so pronounced in B.C. that the Crown insurance provider launched an advertising campaign reminding people to indicate they're thankful for a traffic kindness.

"We're trying to resurrect the wave," Vavrik said of the simple tip of the hand that has become increasingly rare on Canadian roadways.

There's a general tendency to think that everyone in traffic is wound up and

lacks courtesy, he said, so ICBC is trying to change that perception. Ian Jack, a spokesman for the CAA, said the first step to fixing the problem is recognizing that all drivers could be a bit better — even yourself.

"The odds are that if we're civil to other people, most — not all — but most, will be civil back," Jack said.

One sticky issue may be getting drivers to admit they, too, could be a better driver. A recent ICBC survey showed drivers gave their performance on the road a B+ while they graded other drivers around them a C+.

"People have a hard time looking in the mirror and recognizing that they're part of the problem," Vavrik said.

The CAA survey of 5,044 Canadians is considered accurate to within 1.38 percentage points.

THE CANADIAN PRESS



► Archeologists dig in a parking lot in Old Montreal last Tuesday, hoping to uncover a piece of Canada's political past. They hope to find something from the remains of the first permanent parliament of what was then known as the United Province of Canada.

## Probing into Canada's past

► A dozen archeologists are digging up about 30% of parking lot ► Rest being left for future excavations

Hidden underneath a narrow, shrub-lined parking lot in Old Montreal is an important piece of Canada's political past, and archeologists are working to uncover it.

Digging has begun in the hopes of finding the remains of what was supposed to have been the first permanent parliament of Canada.

Despite the building's pivotal place in Canadian history, the supervisor of the dig says most people probably don't even know Montreal was home to the parliament, let alone its

specific location.

"It's a place of national significance but, curiously, there is no plaque or anything to mark it," said Louise Pothier, director of exhibitions at Montreal's Pointe-a-Calliere archeological and history museum.

The site is located in historic Place D'Youville, an area of Montreal steeped in history.

The team is keeping expectations low about what it hopes to find preserved in the ground, given that the Montreal parliament burned to the ground in 1849 during a violent

protest by angry Anglos. The turmoil revolved around the Rebellion Losses Bill, legislation that sought to compensate people who sustained property damage during the 1837-38 rebellions against the Crown.

"The members were forced out of the building and it was ransacked before a fire was lit inside," Pothier said.

Archeologists will continue digging until October, at which point the city plans to convert the site into a green space.

THE CANADIAN PRESS

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### CARMAGEDDON

## Miles ahead of schedule

The event that many feared would be the "Carmageddon" of epic traffic jams cruised calmly to a finish yesterday, with bridge work on the Los Angeles roadway completed nearly a full day ahead of schedule and officials reopening a 16-kilometre stretch of the busy freeway.

Drivers honked their horns and waved from car windows as traffic started moving in all 10 lanes of Interstate 405 just after noon local time since being shut down at midnight Friday. There were no major problems while the freeway was closed, despite warnings.

The mayor praised contractors for working so quickly and thanked city residents for heeding calls to stay off the roads. He also gave credit to news outlets for spreading word about the closure.

THE ASSOCIATED PRESS

## Volcano fires up

Mount Lokon, in central Indonesia, unleashed its most powerful eruption yet yesterday, spewing hot ash and smoke thousands of metres into the air and sending panicked villagers racing back to emergency shelters.

The volcano has been dormant for years but rumbled back to life late last week. There were no immediate reports of casualties.

THE ASSOCIATED PRESS

# From exec to public villain

► Ex-Murdoch CEO Rebekah Brooks arrested in London after showing up for police questioning ► London's top cop submits his resignation

## Airline reacts

The arrest sealed Rebekah Brooks's swift transformation from one of Britain's most powerful female executives to a figure of scorn and even parody.

Yesterday, an Irish discount airline seized on perceptions of Brooks as an outlaw, placing an ad in The Observer newspaper that showed a photograph of the longtime Murdoch confidant, said to be so close to him that she was seen as family.

"Hacked Off with High Fares ... I'm outta here with Ryanair!" the caption crowed.

A burgeoning voicemail hacking and police bribery scandal cut closer than ever to Rupert Murdoch and Scotland Yard yesterday with the arrest of the media magnate's former British newspaper chief and the resignation of London's police commissioner.

Though the former executive, Rebekah Brooks, and the police chief, Paul Stephenson, have denied wrongdoing, both developments are ominous not only for Murdoch's News Corp., but for a British power structure that nurtured a cosy relationship with his papers for years.

Brooks, the ultimate social and political insider, dined at Christmas with Prime Minister David Cameron. His Conservative-led government is now facing increasing questions about its relationship with Murdoch's media empire. Brooks was questioned and released hours later, Scotland Yard announced late yesterday.

THE ASSOCIATED PRESS



► Rebekah Brooks, former chief executive of News International, leaves a hotel in central London on July 10.

SANG TAN/THE ASSOCIATED PRESS FILE

## Market moment

<b>Dollar</b>	<b>Natural gas</b> 1,000 cu ft
+ 0.73¢ (\$104.79¢ US)	\$4.38 (+ 2¢) Gold contracts \$1,590.10 (+ \$0.80)
<b>Oil</b>	<b>TSX</b>
+ \$1.55 US (\$97.24 US)	+ 46.62 (13,299.54)

PHOTOS BY AP/WIDE WORLD

## INCREASING SCRUTINY

### Aftershocks mount

Another of Murdoch's chief executives, Wall Street Journal publisher Les Hinton, also had to resign Friday after more than 50 years with Mur-

doch. James Murdoch, head of European and Asian operations for his father's company, is under increasing scrutiny.



► Advertisement placed by News International

He and the senior Murdoch, along with Brooks, face questioning tomorrow by British lawmakers investigating the scandal. News International placed advertisements in most Sunday national newspapers outlining their intention after their apology ads in Saturday national newspapers.

## Stocks in for tough week

Gains will likely be elusive on stock markets this week, despite a strong start to the second-quarter earnings reporting season, as worries about massive government debt shift to the United States.

Investors already worried about the European debt crisis were

further frustrated last week as Republicans and Democrats appeared no closer to coming to an agreement to raise the \$14.3-trillion US debt ceiling.

Worries deepened after credit rating agency Standard & Poor's warned that there is a 50 per cent chance it will downgrade the government's credit rating within three months because of the impasse.

THE CANADIAN PRESS

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Bosnia.....13.9 ¢/min	Italy.....1.9 ¢/min	Sri Lanka.....9.9 ¢/min		
China.....1.9 ¢/min	Lebanon.....7.9 ¢/min	Trinidad.....4.9 ¢/min		
Colombia.....3.9 ¢/min	Mexico.....1.9 ¢/min	U.A.E.....14.9 ¢/min		
Cuba.....89.9 ¢/min	Pakistan.....5.9 ¢/min	U.K.....2.9 ¢/min		
El Salvador.....9.9 ¢/min	Philippines.....11.9 ¢/min	Vietnam.....4.9 ¢/min		
Germany.....1.9 ¢/min	Poland.....1.9 ¢/min	Serbia.....7.9 ¢/min		
India.....2.9 ¢/min	Russia.....1.9 ¢/min			

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# CITY'S ACTIONS CONTRADICT ITS AGENDA

## URBAN COMPASS

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I think we should change Edmonton's slogan to the City of Antimony.

Antinomy is a contradiction between principles or conclusions that seem

equally necessary and reasonable. In essence, it is the ability to embrace two contradictory ideas.

We got lots of examples of our alleged city leaders doing exactly that last week.

The old Bank of Montreal building on Jasper Avenue will not escape the wrecking ball. Apparently, it was not old enough to qualify as a historical building and city officials were worried that delaying the demolition of the building would leave

the city liable for forking over money to the owner because of the delay.

It is worth remembering that this is the same city that managed to sink \$12 million into the Indy.

It is also the same city that picked a plan for the City Centre Airport, which promised to develop the site in such a way that it acknowledges the fact that it was once an airport.

I am sure that a nod to the airport warms the cockles of your heart.

You are probably waiting for the day that you can take the kiddos there and tell them that the land was once an airport.

Another amazing contradiction issued from the mouth of our mayor:

Apparently, he thinks that we should make sure that traffic lights in the city are properly synced so that cars can move along freely.

Geez, I would have thought that leaving them the way they are just might encourage people to use rapid transit as it becomes more readily accessible. Seems to me that to make our transit system work well, we will have to wean people off their cars.

Leaving them to stew in stop-and-go traffic just might be one way of doing that.

Then again, maybe the mayor wants people to be able to access the parkade that will be part of the redevelopment of the Bank of Montreal site.

Developers went to city hall last week to warn councillors that the city's green plan just might bring suburban development to a halt.

That alone is a reason for us to go forward with the plan.

We are not going to be able to have it both ways.

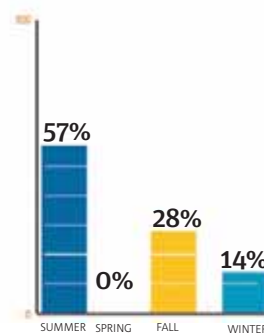
Either we keep expanding ever outward or we really try to become a sustainable city.

If not, we will just be one more city of contradictions.



Register at  
**metropolitanpanel.ca**  
and take the quick poll

What's your favourite season?



## Worth Mentioning

**BALLOON BOY.** A silver, UFO-like helium balloon that gripped Americans' attention when a couple said their son had floated away in it is back in Colorado after an online auction.

An attorney for Richard and Mayumi Heene told the Coloradoan in Fort Collins Thursday that an Aurora man paid \$2,502 US earlier this month for the balloon.

Perry Rausher says the man didn't want his name released because he is planning a news conference.

Rausher says he deducted \$60 from the sale for fees and the rest will go to Japanese earthquake and tsunami relief.

The Heenes, who moved to Florida from Colorado after the incident, were charged when it was discovered their six-year-old son was never on the balloon.

They had to pay \$36,000 in restitution to authorities who responded to the 2009 incident.

The boys' parents are storm chasers who appeared twice in the ABC reality show Wife Swap. **THE ASSOCIATED PRESS**

## Local tweets



► **@dajanafab:** Just realized the dodgy dude driving

around my neighbourhood is a geocacher - NOT a drug dealer. Ha! #yeg #crisisaverted

► **@babiak:** Today we play in the North Saskatchewan, within #yeg city limits, in a canoe. Perhaps, in 10 years, it will seem a normal activity.

► **@coolhitman:** Better to be sore all over or be bitten (by mosquitoes) all over? #yeg #summerdilemma

► **@michaelappleby:** Advantage of the #yeg mosquito

epidemic: being able to slap slack jawed morons and pass it off as an attempt at swatting a mosquito.

► **@scottybomb:** I think it's time offerings were made to @yegsqito, so that we might finally earn a respite from this angry power.

► **@erinneo:** This may be tmi, but I have mosquito bites where no mosquito bites should be. And now to mow the lawn.. #mostuncomfortablesummerever #yeg

► **@SweetT16K:** Is it just me or is there an abnormal amount of sirens Downtown #yeg lately!/?

## Cartoon by Michael de Adder



## WEIRD NEWS

### Vet performs mouth-to-beak CPR on eagle

A Bend, Ore., veterinarian has performed life-saving CPR on an injured bald eagle that was under anesthesia during physical therapy.

KTVZ-TV reports Jeff Cooney performed the therapy, during which the bald eagle nicknamed Patriot stopped breathing.

Cooney's "mouth-to-beak" resuscitation got the eagle breathing again.

"He has gained 10 per cent of his body weight and is eating fish like crazy," Cooney said. "His attitude is greatly improved, and he's starting to act like a normal, rambunctious bald eagle."

The injured eagle was found by two La Pine women near Crane Prairie Reservoir in June.

The eagle had suffered, among other injuries, a dislocated shoulder and paralyzed right leg.

Cooney says it's uncertain whether he will be able to return the bird to the wild.

If the bird's foot doesn't improve in the next three weeks, Cooney says he could be forced to euthanize him.

**THE ASSOCIATED PRESS**

# Weird Al still mocking stars and making music

► Yankovic talks about his new CD, his Lady Gaga cover and the struggling music industry ► 'People just aren't buying albums the way they used to,' says the comedian

Since 1983, Weird Al Yankovic has released 13 albums, with six of them going platinum and four reaching gold status.

It's a pretty good battling average for any artist, and an especially great one for a comedian-musician.

Yankovic says he used to think all of his albums would sell well, until now.

"Back in the '90s I was getting kind of cocky. I was just assuming that every album that I put out would go gold at least and now it's a huge goal for anybody to reach that level," he said.

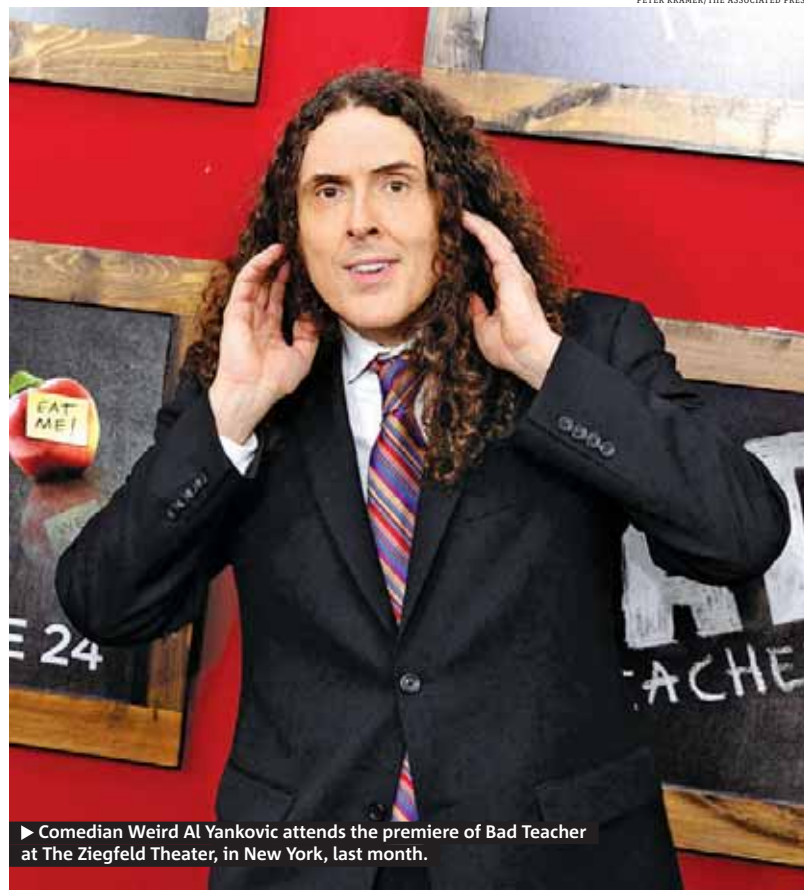
"People just aren't buying albums the way they used to."

His latest release, *Alpocalypse*, debuted at No. 9 on the Billboard 200 albums chart last month, selling about 44,000 copies in its first week, according to Nielsen SoundScan.

"It's still a huge thrill for me to make the Top 10 because that's all relative ... but sales-wise, it's not what it used to be," Yankovic said.

The album's lead single is a parody of Lady Gaga's No. 1 hit *Born This Way*.

Yankovic says getting his version — called *Perfrom This Way* — out to



► Comedian Weird Al Yankovic attends the premiere of *Bad Teacher* at The Ziegfeld Theater, in New York, last month.

PETER KRAMER/THE ASSOCIATED PRESS

the public wasn't an easy process.

First, Lady Gaga's management wouldn't allow it, but once the pop star

heard Yankovic's cover, she approved his sample.

"It was a little depressing actually," Yankovic said about waiting to hear

back from Lady Gaga.

"(I thought) I was never going to be able to release my Lady Gaga parody officially and that my album

**"Most artists look at the Weird Al parody as an homage and that's certainly the way it's intended. You get your platinum album, you get your Grammy and then you get your Weird Al parody. It's part of the package."**

COMEDIAN WEIRD AL YANKOVIC

was postponed indefinitely."

The new disc from the 51-year-old also features covers of Miley Cyrus' *Party in the USA*, Taylor Swift's *You Belong With Me* and Nothin' On You by B.o.B and Bruno Mars.

The three-time Grammy-winner says though getting approval from Lady Gaga's team was tough, he usually hasn't struggled to get clearances in the past.

"Most artists look at the Weird Al parody as an homage and that's certainly the way it's intended," he said.

"You get your platinum album, you get your Grammy and then you get your Weird Al parody. It's part of the package."

THE ASSOCIATED PRESS

2  
scene

## Box office



The boy wizard has vanquished the dark knight with a record-setting magic act at the weekend box office. Warner Bros. estimates that *Harry Potter and the Deathly Hallows: Part 2* took in \$168.6 million domestically from Friday to Sunday. That beats the previous best opening weekend of \$158.4 million, also held by Warner Bros. for 2008's *Batman* blockbuster *The Dark Knight*. The studio had not yet released international numbers for the full weekend, but *Deathly Hallows: Part 2* has been working the same charms since it began rolling out overseas Wednesday. The current franchise high is \$974.8 million worldwide for the first film, *Harry Potter and the Sorcerer's Stone* 10 years ago.

THE ASSOCIATED PRESS

## Carell's last chance for Office Emmy

GETTY IMAGES

His *Office* character Michael Scott may be utterly clueless, but Steve Carell knows a thing or two. And when it comes to his sixth shot at the best actor Emmy, Carell jokes that he's got this one in the bag.

"Of course, what could possibly go wrong? How could I lose? I don't even know if that's even a remote possibility," the 48-year-old said with a laugh.

Carell's latest nomina-

tion was for his final season on the hit NBC comedy — his last chance to take home the trophy for his role as the inept Dunder Mifflin branch manager.

Carell says he'll be attending this year's awards on Sept. 18 with low expectations and no regrets.

"I'm very proud of having been on that show and all the friendships that I got out of it," he said.

"An Emmy would be

great, but it wouldn't make my experience on *The Office* any better because it was already so good."

Carell, who stars alongside Ryan Gosling, Julianne Moore and Emma Stone in the upcoming romantic comedy *Crazy, Stupid, Love*, says he's still not comfortable with being famous. The movie opens July 29.

"It's something that I never expected or never dreamt of happening. I just

don't want my kids to have a warped perception of me or my relationship with them," he said.

"I remember driving around with my daughter and I think posters for some movie had gone up and she was just a little girl ... and she was like, 'Why are there pictures of you everywhere?' And I think it was as weird for me as it was for her."

THE ASSOCIATED PRESS



► Steve Carell



Buble, Twain to duet on new Christmas album. Scan this code for more.

# Lopez, Anthony announce divorce

► Couple has been living apart for months, say split is amicable

Jennifer Lopez and Marc Anthony have announced they are divorcing, according to Hollyscoop.

"We have decided to end our marriage," the couple says in a joint statement.

"This was a very difficult decision. We have come to an amicable conclusion on all matters. It is a painful time for all involved, and we appreciate the respect of our privacy at this time."

Sources say the pair had been living apart for months and was waiting for the right time to break the news.

● METRO



► Jennifer Lopez and Marc Anthony

RICARDO ARDUENGO/THE ASSOCIATED PRESS

## Parenthood suits Beckham

David Beckham is over the moon about having newborn daughter Harper home. "To have that little bundle of joy in your hands and her making her little noises and opening her eyes — it really is an

incredible moment for us," he says in a chat with fans on his Facebook page. But that doesn't mean having a girl hasn't called for some adjustments. "Having a daughter is a whole new thing," he says. "Having

pink in the house and lilac in the house. And you have to be a lot more delicate with girls than with boys and I'm not used to that so it's a whole new experience but it's an amazing experience." ● METRO



► David Beckham

GETTY IMAGES

## Anna: True to herself



► Anna Paquin

GETTY IMAGES

True Blood star Anna Paquin is more than happy to discuss her bisexuality after coming out last year.

"My sexuality is something I'm completely comfortable with and open about," she tells V magazine. "There is a lot of

prejudice against us, but the more people talk about it, the less of a deal it will be. Who people choose to sleep with — or spend their lives with — shouldn't matter, not that anyone particularly cares who I'm attracted to." ● METRO

### Talking points

#### Keeping their distance

**DOING DINNER.** With the divorce papers filed, Arnold Schwarzenegger and Maria Shriver attended a dinner party at a Brentwood restaurant for a friend of their son Patrick, though the estranged couple arrived separately, according to X-17. A source says the couple "kept their distance" during the get-together. "It wasn't like Arnold and Maria were making googly eyes at each other or anything," the source says. "They were there for the benefit of their son but there was no reconciliation going on. They exchanged a few words cordially, though."

● METRO

#### Swift turnover for house

**REAL ESTATE FLIP.** Taylor Swift has quickly changed her mind about her home in Nashville, which she bought last September for \$1.4 million. The country star is selling the 5,000 square-foot, four-bedroom, five-bath home for \$1.45 million, according to Hollyscoop. Swift also owns a penthouse in Nashville and a nearby home in which her parents live, plus a \$3.35 million mansion in Beverly Hills.

● METRO

### Celebrity tweets



"Some days you're the kid with the stick, some days you're the piñata."

@AlecBaldwin



@FREAKSB

"glad this whole twitter thing is only for serious stuff ! just finished dinner yum ..."

@IrelandBBaldwin

"Girls have no class and no respect nowadays...ew."



@DanielBaldwin

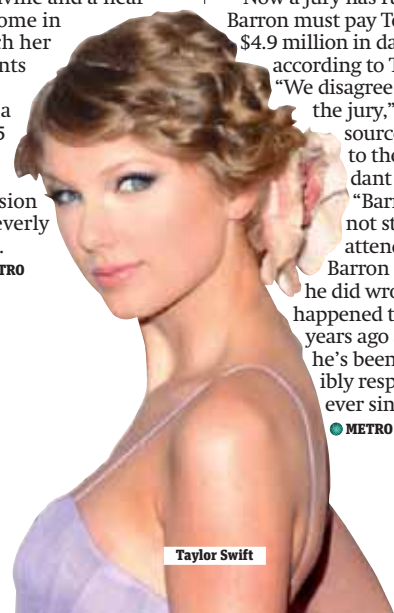
"News trucks in front of my house, reporters on my driveway and my girls asking when will mommy be back from vacation."

#### Paris' bro pays the price

**DAMAGES.** Paris Hilton's little brother, Barron Hilton, is still being haunted by his day of reckless driving in 2008, during which the then 19-year-old was arrested for driving while intoxicated and allegedly struck Fernando Tellez, a gas station attendant, with his car.

Now a jury has ruled Barron must pay Tellez \$4.9 million in damages, according to TMZ. "We disagree with the jury," a source close to the defendant says. "Barron did not strike the attendant. Barron knows he did wrong. It happened three years ago and he's been incredibly responsible ever since."

● METRO



Taylor Swift

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# 14 days of summer fun

► “I’m bored!” It’s the two words every parent dreads during the summer ► Fear not: Jason White of the Frugal Dad website offers two weeks worth of affordable summer fun activities



**JASON WHITE**  
FRUGALDAD.COM

METRO WORLD NEWS

## 1

### Sprinkler day

Delay your sprinklers for one day so they come on a little later in the morning. This way, everyone can put on their bathing suits and have fun. But not for too long! This is a good time to teach them about conserving water, reducing utility costs, etc.

## 2

### Attend “story time” at your local library

My kids love to check out books on all kinds of subjects. My son currently has three library books on swimming, pirates and going to the dentist (quite a diverse reader, huh?). Many libraries also have a story time to encourage a summer reading program.

## 3

### Rent a summer-themed movie on a rainy day

Our pick: Freaky Friday.

## 4

### Set up a lemonade stand

This is probably my favourite idea because it involves lessons in entrepreneurship. Lend your kids \$10 as “seed money” for supplies, or better yet, let them use their own money from savings. This way, they don’t get used to the idea that borrowing leads to prosperity. Take the kids along to the grocery store one morning and let them pick up the lemons, sugar, cups and a



► On Day 11, we go to war.

## 5

### Teach your kids to fly a kite

Check your 10-day forecast and look for a windy day in the coming week. Pick up an expensive kite for the kids — it’s worth the investment. I even recommend springing for the extra spool of kite string on a roller because the string and handles that come with the kites are lousy.

## 6

### Make homemade play-doh, using a recipe found online

I suppose the next best option would be to pick up some commercial Play-Doh on sale, but what fun would that be?

## 7

### Bake a cake

I remember having a ball helping my mom bake something when I was young. And not all the fun came at the end when I got to lick the icing from the bowl. Plus, they learn fractions and measurements.

## 8

### Build a “fort” outside

When my son was smaller he got the biggest kick out of playing in giant cardboard boxes. We would colour them, and cut “windows” out for him to look through.

## 9

### Go bowling

Call the lanes ahead of time and ask if they have any summer specials (certain days may be cheaper).

## 10

### Declare a “bored” game day

I learned to play chess, checkers, backgammon, and poker (my mom wasn’t thrilled with that) one summer while staying with my grandparents. Few kids today don’t realize you can play games without a computer.

## 11

### Have a water balloon fight

You will totally win (but be sure to pick up the balloon remains, especially if you have very little ones or pets as they could be a choking hazard).

## 12

### Create a “mini-me”

Find a piece of large poster board or large heavy-duty paper (such as a butcher paper) wide enough for your kids to lay down on. Use a dull

pencil (less chance for boo-boos) to trace their entire body to the paper from head to toe. Now let the kids decorate the kids to look like themselves in the same clothes they are wearing, same colour eyes, hair, etc. When they are finished, help them cut out their mini-me for proud display.

## 13

### Pajama day

I feel like having these days as an adult! Stay in your pajamas all day long. Make pancakes in the morning, bake a pizza for lunch and lounge around.

## 14

### Spend a day volunteering your time

A good way to wrap up your two-week blitz of fun is to allow your kids to donate their time to a worthy cause. Contact a few local charities and find out which ones will allow kids to volunteer.

# 3

life

### You need this

#### LeapPad

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### A new study shows

## 18%

of children have a language delay. But not to worry: The “late-talking,” although it may result in behavioural problems, should not affect long-term development, says Dr. Andrew Whitehouse, of the University of Western Australia in Subiaco. • MWN



Summer trip tips: Keeping your children busy on the road. Scan this code for the story.

# A Mediterranean flare

► Using ingredients such as feta cheese, olives, sun-dried tomatoes, oregano and basil give this grilled stuffed chicken breast a distinct zing

## Preparation:

**1** Preheat your barbecue to 260 C (500 F).

**2** In a small bowl, combine the walnuts, feta, olives, sun-dried tomatoes, lemon zest, lemon juice, oregano and red pepper flakes. Set aside.

**3** Butterfly chicken breasts by slicing in half (lengthwise) so the chicken remains attached. Gently

pound chicken with a mallet to flatten. Place 4 to 5 basil leaves on flattened breast followed by  $\frac{1}{3}$  of the walnut and feta mixture and spread evenly.

**4** Begin rolling chicken from one end to the other to form a pinwheel shape. Brush with olive oil and season lightly with salt and pepper. Secure roll with butcher

## Ingredients:

- 75 ml (1/3 cup) walnut pieces
- 125 ml (1/2 cup) feta cheese, crumbled
- 6 kalamata olives, pitted and chopped
- 4 sun-dried tomatoes (in oil), diced

- 15 ml (1 tbsp) lemon zest
- 15 ml (1 tbsp) lemon juice
- 15 ml (1 tbsp) oregano
- 2 ml (1/2 tsp) red pepper flakes
- 3 boneless chicken breasts
- Handful fresh basil leaves
- Salt and pepper, to taste
- Olive oil



► This recipe makes six servings.

string or 3 to 4 skewers to prevent roll from unravelling. Repeat with remaining chicken and filling.

**5** Reduce heat to medium-high and grill for 25 mins. until internal temperature is 85 C (185 F).  
THE CANADIAN PRESS/  
WALNUTINFO.COM

## Rose Reisman's Swap It

Not all meat is equal. Selecting the right lean cut will not only eliminate excess calories and fat but actually increase the flavour. Toppings also make a difference.



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Discount:

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# Getting gas from garbage

## Landfills collecting methane gas to turn it into a renewable fuel

**BEN KNIGHT**  
GREEN@METRONEWS.CA

The hottest buzzword in natural gas right now is "renewable." At first, that seems impossible. The natural gas that heats our homes and fires our stoves is a finite, fossil fuel like oil — only renewable over millions and millions of years. Ah, but there are other ways of generating gas — and these can, in fact, be renewed.

"It's methane that is generated when organic matter gets broken down by bacteria," says David Bennett, director of business development for FortisBC — a west-coast utility company now offering

small amounts of renewable natural gas to its customers.

"We're just taking the waste gas our landfill sites generate every day, and using it as fuel rather than allowing it to escape into the atmosphere — or burning it or otherwise wasting it."

Landfill sites are significant producers of natural gas. Most now have natural gas collection systems, as methane is a potent greenhouse gas.

"The raw gas coming out of the landfill has lots of carbon dioxide and sulfur and other things in it," Bennett explains.

"We have built a system that is like a mini gas purification plant. By the time this biogas gets into



▶ For more information, contact your local natural gas supplier. The more people who call and inquire the better because this is truly a case where demand drives supply.

the pipeline, its quality is equivalent to pipeline-quality gas."

This process isn't cheap. The purified renewable gas is twice as expensive as the traditional kind.

"But in the program we offer our customers 10 per

cent of this biogas is blended into the customer's natural gas stream," says Bennett. "Your bill rises about \$4 a month for the average household — and that reduces your greenhouse gas footprint by about 10 per cent."

And this isn't just a west-coast phenomenon. Gas utilities across Canada are studying ways to implement their own programs. Renewable gas is also becoming an ever-growing power supply in parts of Europe.

### In your city

What is going on in the area

▶ **Power** Bullfrog Power is offering renewable natural gas throughout Alberta. For an extra \$1 per day, Bullfrog injects an amount of landfill-produced gas into the system, equal to the amount of regular natural gas burned by its customers. Expensive — but so good for the environment.

"There are enough sources right now to make a significant amount. This is probably the next step in recycling: we look at what we do with all kinds of organic waste — in cities and on farms — and how we can go about recycling that."

## HOW TO DEAL WITH THE PESTS OF COMPOSTING

I've recently started composting but ran into a bit of a nuisance — fruit flies. How do I get rid of them in my kitchen? *Brad of Ottawa*

### QUEEN OF GREEN

**LINDSAY COULTER**  
GREEN@METRONEWS.CA



Fruit flies are attracted to organic matter.

The obvious culprits are fresh fruits and vegetables stored on counter-

tops and rotting kitchen scraps or "greens" headed for the compost pile, as well as organic debris in garbage cans or kitchen drains.

I hope that besides the annoying fruit flies you've also noticed the upside of composting — a 40 per cent decrease in your weekly garbage.

Here are some simple troubleshooting tips to prevent a fruit fly popula-



tion explosion.

### Control fruit flies in the kitchen:

Use a glass or metal container for collecting kitchen waste.

These won't hang onto odours (like plastics do) and a tight-fitting lid will keep fruit flies out.

Store your kitchen food scraps in a sealed container in the fridge or freezer.

### Control fruit flies outdoors:

They're attracted to exposed food scraps, so each time you add greens, top them off with brown material like dry grass and leaves.

Collect dry leaves and grass in a separate container to use year-round.

Put kitchen scraps in the centre of your compost pile, and then cover with browns.

Composting is easier

than most people think, whether you have a backyard bin, municipal curbside pick-up or indoor worm bin.

Check your city's website for more troubleshooting tips and advice, especially if you have curbside pick-up.



David Suzuki Foundation



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# Not every promotion is perfect

► In some cases, a 'big step up' might be a nice way of saying that your job is about to get a heck of a lot harder



**DREW HINSHAW**  
METRO WORLD NEWS  
LIFE@METRONWS.CA

Not every step up is a step in the right direction. Accept a bogus promotion and you could find yourself trapped in a job more miserable than the entry-level gig you rode in on.

"A lot of people are getting promoted in this economy because companies are trying to do more with less," executive coach Cynthia Shapiro says.

"Instead of bringing somebody in, they're having employees do three or four jobs by promoting them and then expecting them to still do their old work."

"It's kind of a recipe for disaster," she adds.

But it's not a recipe you need to swallow.

"You never have to take something that's being offered to you," executive coach Meredith Haberfeld says. And sometimes you



► If the amount of work greatly outweighs the pay increase, you should think twice about jumping on board.

shouldn't.

"You need to get clear about what you want out of your career long-term, then you need to make strategic moves towards

that," she adds.

## DON'T GET STUCK WITH A LOFTY TITLE

It's paradoxical: People who've gotten fired often

say it's the best thing that ever happened to them. But a promotion? A wrong move up can feel more like a chute than a ladder.

"It's often easier to get a

promotion than it is to move back if you don't like it," Shapiro warns.

"People don't let you. Companies like to see forward motion. You tell the

company you want to go back down, they won't allow it. You try to go to another company and get the position you had before — but you've got this loftier title.

"They're going to imagine something is wrong," she adds.

Any new job title, Shapiro says, is going to be a leap. Think before you jump.

"I would recommend people take \$50 to \$100 and talk to an expert before you move," she says.

"These things sometimes aren't as good as they look," she adds. "Look at it objectively and make sure the position is set up for success."

Even if it is, it may not be for you, Haberfeld stresses.

"Make sure expanded leadership and accountability is something you are interested in," she says. "That said, don't be shortsighted."

# 'I'm more determined than ever'

► Winner of Metro's New You Makeover contest, Lisa Airst, is embarking on her new life path with a big smile

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## TURNING POINT

**TERESA KRUIZE**  
LIFE@METRONWS.CA



Ever since Lisa Airst won our Turning Point New You Makeover

Contest in Metro News, she has been on a path of change and self-discovery.

In February, Lisa touched our hearts with her story of courage as she battled breast cancer and a career change. After winning the \$10,000 prize package that included expert career counselling and workshops from NEXCareer, Lisa plunged into her



► Lisa Airst

makeover right away.

"My career counsellor Sandy Johnson has gone above and beyond my expectations. My performance and endurance levels have been raised and I've learned so much. Finding a job is like dealing with cancer. Sometimes you have

bad days but you just keep going."

Lisa also received some good news from the hospital. "I finished treatment three weeks ago and my health is good. That was a milestone. Last year was chemotherapy. This summer is liberation. This has

been a life-changer. Life is good now and I have a feeling it's going to get even better."

## Perfect package

### Turning Point New You Makeover Contest Prize Package

- NEXCareer — Career coaching and workshops
- eBrands — Website, social media coaching and branding
- WIND Mobile — BlackBerry Bold 9700 with one year's service
- TechDirect — Notebook
- Danier — New wardrobe and briefcase
- Donato Hair and Spa — makeover services
- Robin Sharma International — Learn On the Go pack

# Make their world a classroom

► Summer shouldn't mean a vacation from learning ► Try to turn every moment into an educational one

For children, learning is an ongoing process, one that continues even after the last bell of the school year. Just because families are gearing up for fun, sun and relaxation it doesn't mean educational activities can't be incorporated into vacation plans.

Research shows that the pre-frontal cortex of the brain continues to grow during the first 20 years of a child's life, so the child should always be nurturing, fueling and exercising his or her brain.

A lack of learning activities during the summer months could result in lost stimulation during this critical development period.

It is just as important for children to participate in learning activities that exercise their growing minds as it is to be involved in physical activities that keep their bodies healthy and strong.

Kumon Math and Reading Centres recommend the following activities to incorporate learning while

## Web wisdom

► More educational tips and hints can be found online at [facebook.com/kumon](http://facebook.com/kumon).



► Who knew such a fun summer activity like flying a kite could exercise the mind as well as the body?

also engaging a child's brain.

## Reading and Writing

- Encourage your child to read aloud to a family member each day.
- Write letters together and send them to grandparents or friends.
- Visit the library weekly; inquire about special events.

## Math

- Build a kite with your child. Cut and measure

shapes and take the kite out for a test flight.

- Teach your child to keep score. Review batting averages or other statistics from the sports pages.

## Science

- Help your child plant flower or vegetable seeds and chart their growth.
- Take walks in the neighbourhood or a park and learn about native plants and animals.

## History

- Share stories about the history of your family and

work together to draw a family tree.

- Research the founders of your town and visit historical sites.

## Art

- Tour an art museum or art exhibit.
- Encourage your child to draw a picture and give it to a neighbour or friend.

## Music

- Provide children with household items and let them make their own instruments.
- Help your child write a song and perform it together.

No matter what you do, always find something genuinely positive to say to your child every day. With a little creativity, parents can make year-round learning fun for their children. **NEWS CANADA**

## SALES REPRESENTATIVE

Metro Edmonton is seeking an aggressive, results-oriented Outside Advertising Sales Representative.

The ideal candidate will utilize creative strategies to customize a broad range of advertising options to support clients in achieving their business objectives. Sales representatives must possess the flexibility and poise necessary to reach out and develop relationships with local businesses. In addition to a full benefits package and dynamic work environment, Metro offers results-oriented sales representatives the opportunity to achieve high rewards for successful performance.

## REQUIREMENTS OF THE POSITION:

- Minimum 2 years of demonstrated success in advertising sales or business-to-business sales
- Excellent networking, organizational and time management skills
- Outstanding verbal and written communication skills, including proficiency with Internet and email.
- A self-motivated desire to develop new business
- Some college education or relevant post-secondary training

Individuals interested and having the skills described are requested to submit their resume and cover letter via email to [hr@metronews.ca](mailto:hr@metronews.ca) no later than July 29, 2011. PLEASE QUOTE: "SALES REPRESENTATIVE - EDMONTON" in the subject line. All submissions will be treated as confidential.

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## Quoted



**"I knew he was a nice horse, I love this horse and he has a real future ... I have to thank the owners and trainer for putting me back on him."**

JOCKEY LUIS CONTRERAS, WHO GUIDED PENDER HARBOUR TO A STIRRING PHOTO-FINISH WIN BY A NOSE OVER BOWMAN'S CAUSEWAY IN THE \$500,000 PRINCE OF WALES STAKES THOROUGHBRED RACE YESTERDAY.



Scan code for more sports.

## Delay dampens Horton's big cup day

The Stanley Cup arrived a few hours later than expected in a small southwestern Ontario community yesterday.

Thousands of people braved the heat in downtown Dunnville to celebrate recent champion Nathan Horton's win and the cup's arrival with a parade.

But Horton told the crowd at around 1 p.m. the cup would be arriving late.

Many of the people who had gathered for the event had already left by the time it arrived closer to 2:30 p.m.

The cup was late because it was left behind in Boston.

Horton, a native of nearby Welland, Ont., was an NHL champion with the Boston Bruins this past year.

"I was a little disappointed about not seeing the cup because that was the main reason why I wanted to go, because I haven't seen it yet," said Caledonia resident Amber Eyre, who drove down to see the cup but left at around 1:30 p.m. before it arrived.

She's also a fan of the Vancouver Canucks, the team Horton's Bruins beat in the finals. The loss gave her added incentive to go today's event.

"Being so close to almost getting the cup and then not, I just wanted to see it."

THE CANADIAN PRESS



► Darren Clarke lifts the Claret Jug yesterday following the final round of The 140th Open Championship.

## Irish eyes smiling at Royal St. George's

► Clarke able hold onto one-shot lead over Johnson to win British Open

No matter how long it grows or even how quickly, the list of major champions from the tiny country of Northern Ireland just wouldn't feel complete without Darren Clarke.

He doesn't have the majestic swing of Rory McIlroy or the putting prowess of Graeme McDowell, the last two U.S. Open champions. He hasn't contended in a major for 10 years and was no longer among the top 100 in the world.

But none of that matters

now, because he was extraordinary at Royal St. George's.

"Bad times in golf are more frequent than the good times," he said. "I've always been pretty hard on myself when I fail because I don't find it very easy to accept that. And there's times I've been completely and utterly fed up with the game."

Advice from friends, family and his agent was always the same.

"Get out there and practice and keep going, keep

going, keep going," Clarke said. "And that's why I'm sitting here now."

Clarke held off brief challenges from Phil Mickelson and Dustin Johnson and held up under the pressure until no one could catch him.

Mickelson and Johnson shared second place, stretching the American drought to six straight majors without a win.

Despite meaningless bogeys on the last two holes, Clarke closed with an even-

par 70.

"Pretty amazing right now," Clarke said. "It's been a dream since I've been a kid to win the Open, like any kid's dream is, and I'm able to do it, which just feels incredible."

Northern Ireland had gone 63 years without winning a major. Now it has three of the last six.

"Northern Ireland..... Golf capital of the world!!" McIlroy tweeted as Clarke played the last hole.

THE ASSOCIATED PRESS

## Japan claims first World Cup

Japan became the first Asian nation to win the Women's World Cup yesterday, beating the United States in a penalty shootout after both sides were level at 2-2 after extra time.

The Japanese denied the U.S. team the chance to become the first country to lift the cup three times.

The Americans missed their first three penalties, and Japan went on to win the shootout 3-1 when Saki Kumagai slotted the fi-



► Japan celebrates their Women's World Cup win.

nal shot high past goalkeeper Hope Solo.

The team displayed a

banner reading "To our Friends Around the World — Thank You for Your Support" in reference to the March 11 earthquake and tsunami.

Japan captain Homare Sawa flicked a corner past Solo with three minutes of extra time left to equalize and set up the shootout.

"We ran and ran. We were exhausted but we kept running," said Sawa, the top scorer in the tournament with five goals.

THE ASSOCIATED PRESS

### Sports in brief

#### Cavendish wins stage, Voeckler still has jersey

**TOUR DE FRANCE.** British sprinting star Mark Cavendish overcame high winds to collect his fourth stage victory yesterday at this year's Tour de France, as French rider Thomas Voeckler earned the race leader's

yellow jersey for a sixth straight day.

THE ASSOCIATED PRESS

#### Dubois wins title in home province

**TENNIS.** Canada's Stephanie Dubois earned her ninth career title at the Granby Challenger tennis tournament yesterday in Granby, Que. The top-ranked Laval, Que., native defeated No. 4 Zhang Ling of China 6-2, 2-6, 6-1 in the women's final. **THE CANADIAN PRESS**

## MAJOR LEAGUE BASEBALL

## AMERICAN LEAGUE

EAST DIVISION				
	W	L	Pct	GB
Boston	56	36	.609	—
New York	55	37	.598	1
Tampa Bay	50	42	.543	6
Toronto	47	49	.490	11
Baltimore	38	54	.413	18

CENTRAL DIVISION				
	W	L	Pct	GB
Cleveland	49	44	.527	—
Detroit	50	45	.526	—
Chicago	46	49	.484	4
Minnesota	44	49	.473	5
Kansas City	38	57	.400	12

WEST DIVISION				
	W	L	Pct	GB
Texas	55	41	.573	—
Los Angeles	51	45	.531	4
Seattle	43	52	.453	11½
Oakland	42	54	.438	13

## Yesterday's results

Detroit 4 Chicago White Sox 3  
N.Y. Yankees 7 Toronto 2  
Baltimore 8 Cleveland 3  
Minnesota 4 Kansas City 3  
Oakland 9 L.A. Angels 1  
Texas 3 Seattle 1  
Boston at Tampa Bay  
**Saturday's results**  
N.Y. Yankees 4 Toronto 1  
Boston 9 Tampa Bay 5  
Chicago White Sox 5 Detroit 0  
L.A. Angels 4 Oakland 2 1st game  
Baltimore 6 Cleveland 5  
Minnesota 4 Kansas City 3  
Oakland 4 L.A. Angels 3 (10 inn.) 2nd game  
Texas 5 Seattle 1  
**Today's games**  
Cleveland (Huff 0-0) at Minnesota (Swarzak 2-2), 1:10 p.m., 1st game  
Boston (Wakefield 5-3) at Baltimore (Bergesen 1-6), 7:05 p.m.  
N.Y. Yankees (A.J. Burnett 8-7) at Tampa Bay (Cobb 2-0), 7:10 p.m.  
Chicago White Sox (Buehrle 6-5) at Kansas City (Davies 1-8), 8:10 p.m.  
Cleveland (Carmona 4-10) at Minnesota (Diamond 0-0), 8:10 p.m., 2nd game

## NATIONAL LEAGUE

EAST DIVISION				
	W	L	Pct	GB
Philadelphia	59	35	.628	—
Atlanta	56	39	.589	3½
New York	47	47	.500	12
Washington	47	48	.495	12½
Florida	46	49	.484	13½

CENTRAL DIVISION				
	W	L	Pct	GB
Milwaukee	51	45	.531	—
Pittsburgh	49	44	.527	½
St. Louis	50	45	.526	½
Cincinnati	47	48	.495	3½
Chicago	38	58	.396	13
Houston	31	64	.326	19½

WEST DIVISION				
	W	L	Pct	GB
San Francisco	55	41	.573	—
Arizona	51	44	.537	3½
Colorado	45	50	.474	9½
Los Angeles	42	53	.442	12½
San Diego	41	55	.427	14

## Yesterday's results

Philadelphia 8 N.Y. Mets 5  
Cincinnati 3 St. Louis 1  
Atlanta 9 Washington 8  
Pittsburgh 7 Houston 5 (11 inn.)  
Florida 7 Chicago Cubs 5  
Milwaukee 4 Colorado 3  
San Francisco 4 San Diego 3 (11 inn.)  
Arizona 4 L.A. Dodgers 1  
**Saturday's results**  
Florida 13 Chicago Cubs 3  
N.Y. Mets 11 Philadelphia 2  
Houston 6 Pittsburgh 4  
St. Louis 4 Cincinnati 1  
Washington 5 Atlanta 2  
Arizona 3 L.A. Dodgers 2  
Milwaukee 8 Colorado 7  
San Diego 11 San Francisco 3  
**Tonight's games**  
Cincinnati (Willis 0-0) at Pittsburgh (Ja.McDonald 5-4), 7:05 p.m.  
Florida (Hensley 0-2) at N.Y. Mets (Capuano 8-8), 7:10 p.m.  
Philadelphia (Halladay 11-3) at Chicago Cubs (R.Lopez 1-2), 8:05 p.m.  
Washington (Marquis 7-4) at Houston (Lyles 0-4), 8:05 p.m.  
Atlanta (D.Lowe 5-7) at Colorado (Hammel 5-8), 8:40 p.m.  
Milwaukee (Wolf 6-6) at Arizona (Collmenter 4-5), 9:40 p.m.  
L.A. Dodgers (Billingsley 8-7) at San Francisco (Vogelsong 6-1), 10:15 p.m.

## CYCLING

## TOUR DE FRANCE

At Montpellier, France  
Stage 15

1. Mark Cavendish, Britain, HTC-Highroad, four hours, 20 minutes, 24 seconds; 2. Tyler Farrar, U.S., Garmin-Cervelo, same time; 3. Alessandro Petacchi, Italy, Lampre-ISD, s.t.; 4. Daniel Oss, Italy, Liquigas-Cannondale, s.t.; 5. Jose Joaquin Rojas, Spain, Movistar, s.t.; 6. Ben Swift, Britain, Sky Procycling, s.t.; 7. Gerald Ciolek, Germany, Quick Step, s.t.; 8. Tony Gallopin, France, Cofidis, s.t.; 9. Francisco Ventoso, Spain, Movistar, s.t.; 10. Sebastian Hinault, France, AG2R La Mondiale, s.t.  
**Also:** 29. Cadel Evans, Australia, BMC, same time; 34. Frank Schleck, Luxembourg, Leopard-Trek, s.t.; 38. Damiano Cunego, Italy, Lampre-ISD, s.t.; 41. Andy Schleck, Luxembourg, Leopard-Trek, s.t.; 43. Alberto Contador, Spain, Saxo Bank Sungard, s.t.; **127. Ryder Hesjedal, Victoria, Garmin-Cervelo, 25:18 behind.**

OVERALL STANDINGS  
(after 15 stages)

1. Thomas Voeckler, France, Europcar, 65 hours, 24 minutes, 34 seconds; 2. Frank Schleck, Luxembourg, Leopard-Trek, 1:49 behind leader; 3. Cadel Evans, Australia, BMC, 2:06; 4. Andy Schleck, Luxembourg, Leopard-Trek, 2:15; 5. Ivan Basso, Italy, Liquigas-Cannondale, 3:16; 6. Samuel Sanchez, Spain, Euskaltel-Euskadi, 3:44; 7. Alberto Contador, Spain, Saxo Bank Sungard, 4:00; 8. Damiano Cunego, Italy, Lampre-ISD, 4:01; 9. Tom Danielson, U.S., Garmin-Cervelo, 5:46; 10. Kevin De Weert, Belgium, Quick Step, 6:18; 11. Rigoberto Urán, Colombia, Sky Procycling, 7:55; 12. Jean-Christophe Peraud, France, AG2R La Mondiale, 8:20; 13. Rein Taaramae, Estonia, Cofidis, 9:02; 14. Pierre Rolland, France, Europcar, 9:20; 15. Haimar Zubeldia, Spain, RadioShack, 9:50; **Also: 32. Ryder Hesjedal, Victoria, Garmin-Cervelo, 25:18 behind.**

## YANKEES 7, BLUE JAYS 2

New York	ab	r	h	bi	Toronto	ab	r	h	bi
Gardner lf	4	3	3	0	RDavis cf	4	0	0	0
Grndrs cf	5	1	2	3	ETHms dh	4	0	0	0
Teixeira dh	4	0	1	0	YEscor ss	3	0	1	0
Cano 2b	4	0	1	1	Lind 1b	4	0	0	0
Swisher rf-1b	4	1	2	1	Encnc 3b	3	2	1	0
Posada 1b	4	0	0	0	Snider lf	4	0	2	1
Dickers rf	0	0	0	0	A.Hill 2b	2	0	0	1
Martin c	4	1	1	1	Arencic c	3	0	0	0
ElNunez ss	4	1	1	0	CPttns rf	3	0	0	0
R.Pena 3b	3	0	0	1					

**Totals** 36 7 11 7 **Totals** 30 2 4 2

**New York**  
**Toronto**  
LOB—New York 6, Toronto 4. 2B—Granderson (12), Martin (9), Encarnacion (21), Snider (13). SB—Gardner 2 (26), Snider (8). SF—Cano, R.Pena, A.Hill.

New York	IP	H	R	ER	BB	SO
P.Hughes W,1-2	6	4	2	2	2	5
Wade	1	0	0	0	0	1
Robertson	1	0	0	0	0	1
Logan	1	0	0	0	0	1
<b>Toronto</b>						
C.Villanueva L,5-2	6	8	5	5	1	6
L.Perez	11-3	2	1	1	0	0
Dotel	2-3	0	0	0	0	1
Frasor	1	1	1	1	1	2
Umpires—Home, Gerry Davis; First, Angel Hernandez; Second, Greg Gibson; Third, Todd Tichenor.						
T—2:50. A—36,586 (49,260) at Toronto.						

## SOCCER

## MLS

## EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
New York	21	6	4	11	34	24	29
Philadelphia	18	7	4	7	21	16	28
Columbus	19	7	5	7	21	19	28
Houston	20	5	6	9	24	23	24
D.C. United	18	5	5	8	24	29	23
Kansas City	19	5	6	8	24	25	23
Chicago	20	2	6	12	20	35	18
Toronto	21	3	9	9	17	36	18
New England	18	3	8	7	16	24	16

## WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Los Angeles	21	10	2	9	27	16	39
Seattle	22	10	4	8	32	23	38
Dallas	20	10	5	5	26	19	35
Real Salt Lake	17	8	3	6	23	12	30
Colorado	21	6	6	9	25	27	27
San Jose	19	5	6	8	22	21	23
Chivas USA	20	5	7	8	24	23	23
Portland	18	6	9	3	22	31	21
Vancouver	20	2	10	8	19	28	14

Note: Three points for a win, one for a tie.

## Last night's result

Philadelphia at New England

## Saturday's results

Real Salt Lake at Vancouver (ppd., field conditions)  
Dallas 0 D.C. United 0  
Kansas City 1 Houston 1  
New York 0 Chivas USA 0  
Portland 1 Chicago 0  
San Jose 0 Columbus 0  
Seattle 4 Colorado 3  
**Wednesday's games**  
New England at D.C. United, 7:30 p.m.  
Dallas at Toronto, 8 p.m.  
New York at Colorado, 9:30 p.m.

## CFL

## WEEK THREE

EAST DIVISION									
	GP	W	L	T	PF	PA	Pt		
Montreal	3	3	0	0	109	68	6		
Winnipeg	3	2	1	0	66	53	4		
Hamilton	3	1	2	0	59	55	2		
Toronto	3	1	2	0	56	83	2		

WEST DIVISION									
	GP	W	L	T	PF	PA	Pt		
Edmonton	3	3	0	0	103	55	6		
Calgary	3	2	1	0	76	75	4		
B.C.	3	0	3	0	75	97	0		
Saskatchewan	3	0	3	0	56	114	0		

## Saturday's results

Edmonton 33 B.C. 17

Hamilton 33 Saskatchewan 3

## Friday's result

Montreal 40 Toronto 17

## Thursday's result

Calgary 21 Winnipeg 20

## WEEK FOUR

## Friday, July 22

Hamilton at B.C., 10 p.m.

## Saturday, July 23

Winnipeg at Toronto, 4 p.m.

Edmonton at Calgary, 7 p.m.

## Sunday, July 24

Saskatchewan at Montreal, 7 p.m.

Vancouver at San Jose, 10 p.m.  
Columbus at Los Angeles, 10:30 p.m.

2011 FIFA WOMEN'S  
WORLD CUP

## At Frankfurt

## Yesterday's result

Japan 2 U.S. 2

(Japan wins title 3-1 on penalty kicks)

## Saturday's result

## Third Place

At Sinshheim, Germany

Sweden 2 France 1

## COPA AMERICA

## QUARTERFINALS

## Sunday's results

At La Plata, Argentina

Paraguay 0 Brazil 0

(Paraguay won 2-0 on penalty kicks)

At San Juan, Argentina

Venezuela 2 Chile 1

Stephen Gallacher, \$20,568

Bo Van Pelt, \$20,568

Matthew Millar, \$19,842

Joost Luiten, \$19,842

Mark Wilson, \$19,842

Paul Lawrie, \$19,438

Eduardo Molinari, \$19,196

Henrik Stenson, \$19,035

Harrison Frazer, \$18,874

Kenneth Ferrie, \$18,874

Jung-Gon Hwang, \$18,712

68-74-83-79—304

68-75-77-74—294

70-71-77-76—294

73-69-79-75—296

74-68-75-79—296

73-70-81-73—297

69-74-76-78—297

72-71-75-80—298

72-70-77-80—299

71-71-76-83—301

68-74-83-79—304

68-75-77-74—294

70-71-77-76—294

73-69-79-75—296

74-68-75-79—296

73-70-81-73—297

69-74-76-78—297

72-71-75-80—298

72-70-77-80—299

71-71-76-83—301

68-74-83-79—304

68-75-77-74—294

70-71-77-76—294

73-69-79-75—296

74-68-75-79—296

73-70-81-73—297

69-74-76-78—297

72-71-75-80—298

72-70-77-80—299

71-71-76-83—301

68-74-83-79—304

## BRITISH OPEN

At Sandwich, England

## Par 70

## Final Round

a-amateur

Darren Clarke, \$1,451,830

Phil Mickelson, \$689,617

Dustin Johnson, \$689,617

Thomas Bjorn, \$419,416

Chad Campbell, \$293,054

Anthony Kim, \$293,054

Rickie Fowler, \$293,054

Raphael Jacquelin, \$209,708

Sergio Garcia, \$168,304

Simon Dyson, \$168,304

Davis Love III, \$168,304

Steve Stricker, \$126,362

Montreal 40 Toronto 17

George Coetzee, \$109,694

Richard Green, \$90,336

Charl Schwartzel, \$90,336

Y.E. Yang, \$90,336

Fredrik Jacobson, \$90,336

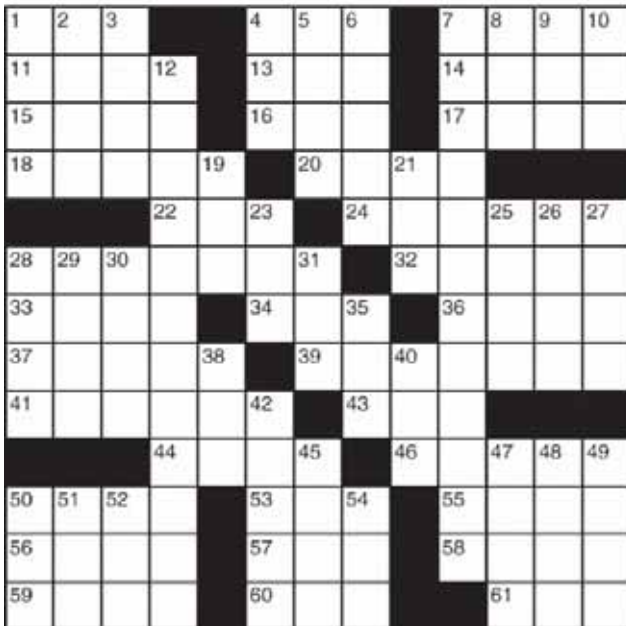
## Crossword

## Across

1 "Sweet as apple cider" gal of song  
4 Go slaloming  
7 Young bovine  
11 Body powder  
13 Stashed  
14 Culture medium  
15 Napoleon's exile isle  
16 Right angle  
17 Inquisitive  
18 Villain  
20 Like a — balloon  
22 24 hours  
24 Don, as loafers  
28 Where earth meets sky  
32 Source of annoyance  
33 "Zounds!"  
34 Cambridge sch.  
36 Speaker's stand  
37 Wonderland visitor  
39 Geckos et al  
41 Show-offy know-it-all  
43 Swab the floors  
44 Unadorned  
46 Ms. Winfrey  
50 Shrek is one  
53 Work with  
55 Come in last  
56 Tea time  
57 Scratch  
58 Basin accessory  
59 Forum garment  
60 Type of dog  
61 Despondent

## Down

1 Couple, in a gossip column



2 Evans or Carnegie  
3 Actress Jessica  
4 That woman  
5 Slay  
6 Runs in neutral  
7 Halloween treat  
8 Past  
9 — Vegas  
10 Saute  
12 Allen Funt's TV show  
19 Nickname in Red Sox lore  
21 Matterhorn, for one  
23 — Kippur

25 Bosc or Bartlett  
26 "Metamorphoses" poet  
27 Loch — Monster  
28 Pile  
29 Lascivious look  
30 Incursion  
31 Zero  
35 Conway or Curry  
38 Away from WSW  
40 Menagerie  
42 "The Apprentice" VIP  
45 Birthright barterer  
47 Columns' crossers  
48 On the briny

49 Cattle group  
50 Frequently, in verse  
51 Sticky stuff  
52 Carpet  
54 Work unit

## Friday's answer



## Sudoku



## How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

## Friday's answer ►



## Send a KISS

You can now post your kiss, and read even more kisses, online at [metronews.ca/kiss](http://metronews.ca/kiss).

*U always had many friends..and still have them. pls dont cheat with them...pls never do something like this. this is a request to u as I exit. This heart used to pound loud just 4 u..but now it is bleeding....will need some time as u will also do. u made me look bad in front of the person..saying i was in love..didn't yr heart stop u ever? u could have left it at friendship and fixed me write then..i trusted u i honored u i valued u like no one else. People still say things abt u and i shut them up inspite of the harm u have done to me. FRIEND*

*Matt, I think you saw me looking at you, but I didn't get to smile at you. I wanted to talk to you today but you were busy. My day is complete every time I see you at work. I'll just see yah next week. R*

## A look at the weather

**TODAY** Min 15° Max 25°  
**TUESDAY** Min 15° Max 25°  
**WEDNESDAY** Min 15° Max 24°

Michele McDougall  
Weather Specialist

"My favourite part is reporting the weather. It fascinates me, and as we know around here, it's always changing, keeping forecasters on their toes". WEEKDAYS 6AM



## Today's horoscope

## ♈ Aries March 21-April 20

What seemed such a difficult decision to make last week will come easy to you this week.

## ♉ Taurus April 21-May 21

Venus, planet of love and harmony, is very much on your side at the moment.

♊ Gemini May 22-June 21 Treat others as you would like to be treated yourself.

♋ Cancer June 22-July 22 You don't have to make a big issue of everything.

♌ Leo July 23-Aug. 23 You will receive good news concerning your

cash flow situation today.

♍ Virgo Aug. 24-Sept. 22 You seem to have been in a rather downbeat mood of late, but you will cheer up considerably over the next 24 hours.

♎ Libra Sept. 23-Oct. 23 Pay attention to what people you live and work with are trying to tell you.

♏ Scorpio Oct. 24-Nov. 22 The message of the stars as the new week begins is that it's OK to dream.

♐ Sagittarius Nov. 23-Dec. 21 No task is too much for you and no

For today's crossword answers and for expanded horoscopes, go to [metronews.ca](http://metronews.ca)

situation is too difficult to handle.

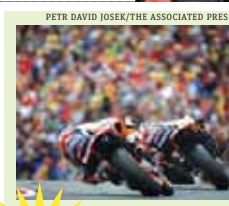
♑ Capricorn Dec. 22-Jan. 20 You will have to ask for assistance at some point today.

♒ Aquarius Jan. 21-Feb. 18 Everyone has limits, even an Aquarius, and your particular limits will be clear to see over the next 24 hours.

♓ Pisces Feb. 19-March 20. This promises to be a good week for friendships and partnerships. In fact you will find it remarkably easy to persuade just about anyone.

• SALLY BROMPTON

## Caption contest



## You write it!

Write a funny caption for the image above and send it to [play@metronews.ca](mailto:play@metronews.ca) — the winning caption will be published in tomorrow's Metro.



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**\$16,988** or **\$110** b/w

**54**  
TO CHOOSE  
FROM

**THE COUNTDOWN IS ON**



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